

Count: ۱۰۹

Abstract ID: ۲۶۴

Presentation Type: Poster

The Effect of Lavender on Menopause Hot Flushing

Submission Author: Rafat Kazemzadeh

Roya Nikjou^۱, Rafat kazemzadeh^۲, Hosein Norouzi^۳, Parisa Hajiaghamohamady^۴

۱. MSc in Midwifery, School of Nursing and Midwifery, Ardabil University of Medical Sciences, Ardabil, Iran.
۲. MSc in Midwifery, School of Nursing and Midwifery, Ardabil University of Medical Sciences, Ardabil, Iran. (Corresponding author)
۳. MSc in Management, Ardabil University of Medical Sciences, Ardabil, Iran
۴. BS in Midwifery, School of Nursing and Midwifery, Ardabil University of Medical Sciences, Ardabil, Iran

Background and Aim : Flushing is considered as the main symptom of the menopause and is counted as the most common problem of menopausal women. Inherently, flushing has no danger for health; however, it decreases the quality of life in suffered people. Thus, we decided to conduct a research aiming to determine the effect of smelled lavender on menopause flushing

Methods : This double-blinded cross-over clinical trial was done on ۱۰۰ menopausal women with the age range of ۴۵-۵۵ years old referring to health centers in Ardabil in ۲۰۱۳-۱۴. The samples were blocked randomly and allocated in two intervention (lavender) and control (diluted milk) groups. Lavender aroma was smelled for ۲۰ min twice a day, during ۱۲ weeks. Data were collected using demographic questionnaire and flushing numbers record sheet. Data analysis was done by SPSS ۱۶ using Chi-square and t-test.

Results : The results showed that both groups had no significant difference according to demographic characteristics. Also the flushing number significantly decreased in the intervention group comparing to control group ($P = ۰/۰۰$).

Conclusion : Using lavender aromatherapy reduced menopause flushing. According to the effect of the stress on flushing and undesirable effects of the menopause symptoms on the quality of life of menopausal women, this simple, non-invasive, safe and effective method can be used by menopausal women

Keywords : Lavender, Menopause, Hot Flush

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.